



BETTER TOGETHER SUMMER RECIPES

2021 LIVWELL VERMONT
RECIPE BOOK

Happy Summer!!!

After spending a year-plus masked up and isolated from pretty much everyone we love, we're calling it: This is the summer of boisterous, hilarious, delicious reunions!

We asked you to submit the recipes helping you reconnect with family and friends this summer - and you delivered!

While we recognize not every recipe below is traditionally "healthy", we wanted to appreciate and honor every submission! COVID-19 gave us all a lesson in gratitude. So, let's be thankful for what we have, enjoy our time with loved ones and try to find a healthy balance in our choices.

Bon Appetit ~ Maura & Grace

In addition to this recipe book, LiveWell Vermont also offers:

- An Annual Incentive Program
- Flu clinics
- Wellness Screenings
- Classes and Workshops (Onsite and Online!)
- Telephonic Wellness Coaching
- Educational Information on our Blog, Facebook and Instagram!

If you are interested in additional information, please contact the LiveWell Vermont Team!

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Watermelon Fire and Ice Salsa

Submitted by: Michelle Thompson



Ingredients:

- 3 cups chopped watermelon
- 1/2 cup chopped yellow pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped green onions
- 2 tablespoons minced jalapeno peppers (more or less depending on how spicy you like it)
- Dash of chili powder
- Dash of salt

Instructions:

1. Combine ingredients; mix well and cover. Refrigerate 1 hour or more.
2. Serve with tortilla chips

Guacamole

Submitted by: Heather Rigney



Ingredients:

- 4-5 ripe avocados
- 1 large tomato, diced
- ½ large red onion, diced
- 1 jalapeno, diced
- Juice of 1 lime
- Salt and black pepper, to taste

Instructions:

1. In a medium bowl with a lid, de-pit and scoop avocado into the bowl. Mash with a potato masher.
2. Add diced tomatoes, onion and jalapeno.
3. Squeeze lime juice directly into the guacamole mixture. For extra citrus flavor, zest the skin of the lime into the guacamole.
4. Add salt and black pepper to taste.

Place lid on the guacamole. It should last, refrigerated, for up to 2 days. Optimal flavor is best if you let it sit for an hour prior to serving. Goes great on fajitas, burritos, nachos, toast, or just eaten plain.

Muhammara (Roasted Red Pepper Dip)

Submitted by: Lynne Robbins



Muhammara is a Middle Eastern walnut and roasted red pepper dip that's savory, sweet, slightly smoky, and just enough spicy! Serve with warm pita as part of an appetizer platter, spread it on your sandwiches, or scoop it on top of grilled chicken or fish.

Ingredients:

4 servings

- 1 cup walnuts
- 3 large red bell peppers
- ½ cup fine fresh breadcrumbs
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. Aleppo-style or Maras pepper or other mild chile flakes
- 1 Tbsp. tahini
- 1 tsp. fresh lemon juice
- ½ tsp. paprika
- 2 Tbsp. pomegranate molasses, plus more for drizzling
- Kosher salt

Note: Pomegranate molasses, a thick pomegranate syrup, can be found at Middle Eastern markets, some supermarkets, and online.

Instructions:

1. Preheat oven to 350°. Toast walnuts on a rimmed baking sheet, tossing halfway through, until golden brown and fragrant, 8–10 minutes. Let cool. Pick out a few walnuts for serving and coarsely chop; set aside.
2. Meanwhile, place a rack in upper third of oven and heat broiler. Broil bell peppers on a rimmed baking sheet, turning occasionally, until skins are charred and flesh is softened, 12–15 minutes. (Alternatively, you can char over a gas burner on medium-high, turning occasionally with tongs, 12–15 minutes.)
3. Transfer bell peppers to a medium bowl and cover tightly with plastic wrap so that they steam, 10 minutes (this extends the cooking and also makes it easier to remove the skins).
4. Remove skins from bell peppers (it's okay if some bits don't come off); remove and discard ribs and seeds. Pulse bell peppers, breadcrumbs, oil, Aleppo-style pepper, tahini, lemon juice, paprika, toasted walnuts, and 2 Tbsp. pomegranate molasses in a food processor until mostly smooth; season muhammara with salt.
5. Transfer muhammara to a small bowl; drizzle with more pomegranate molasses and top with reserved chopped walnuts. Enjoy!

Rhubarb Sauce

Submitted by: Wendy Alger



This is my grandmother's Vermont recipe for rhubarb sauce. She made this as often as applesauce. It can be preserved by canning like jam or frozen in storage bags. And uses a lot of rhubarb, for those of us with large plants.

Ingredients:

- 1.5 lbs rhubarb
- 3/4 cup sugar (maybe try a sugar alternative?)
- 1/2 cup water

Instructions:

1. Boil and mash
2. Serve with a topping and/or spices like cinnamon or even maple syrup!

Mixed Berry Jam

Submitted by: Wendy Alger



Ingredients:

- 1 package of Pectin Powder - follow general directions for jam
- use the following (fruit amounts can be adjusted as long as they equal 6 cups)
- 2 cups rhubarb
- 2 cups strawberries
- 2 cups crushed pineapple (canned is fine)
- 6 cups sugar
- water (according to Pectin box)

Instructions:

1. Blanch fruit.
2. Slice or chop fruit finely, and remove any pits or skins.
3. Place in a heavy bottom saucepan, making sure the pan is large enough that it won't overflow when the jam begins to boil.
4. Mix all ingredients in a saucepan and allow to sit for 15 minutes until sugar draws juices.
5. Stir until all the sugar is removed. Place over medium heat.
6. Add 1/4 tsp. butter to inhibit foaming while the jam boils.
7. Stir well and bring to a boil. Boil rapidly for 5 minutes until fruit sauce begins to thicken, or until the syrup forms a gel drop when dropped from a spoon.

Dilly Cucumber Bites

Submitted by: Grace Thompson



Ingredients:

- 4 large English cucumber
- 4 oz whipped Cream Cheese
- 4 oz plain Greek yogurt
- 3 tbsp Fresh dill
- Optional: 1 tbsp ranch dressing powdered mix
- Garnish options: chopped cherry tomatoes, smoked salmon, bacon bits

Instructions:

1. Slice cucumbers into ½-inch thick rounds. You can leave the skin on, peel them, or partially peel them for a striped look.
2. Mix cream cheese, Greek yogurt, dill and ranch dressing powder (if using).
3. Place the cheese mixture in a piping bag, I didn't have one last time I made these, so I improvised and used a large ziplock bag with a corner snipped off instead – I didn't get the spiral effect, but it worked a treat!
4. Pipe the cheese mixture onto the cucumber and top with a cherry tomato half, small piece of smoked salmon or bacon bits!

Baked Spinach Artichoke Dip

Submitted by: Tamyra Ladd



Prep time: 30 minutes | 10 minutes | Cook time: 20 minutes | Servings: 8

Ingredients:

- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1 package (10 ounces) frozen chopped spinach frozen, thawed and drained
- 8 ounces plain low-fat yogurt
- 1 cup shredded, low-moisture, part-skim Mozzarella cheese
- 1/4 cup green onion, chopped
- 1 garlic clove, minced
- 2 tablespoons red pepper, chopped

Instructions:

1. Combine all ingredients except red pepper and mix well.
2. Pour mixtures into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers.
4. Serve with toasted bread or whole grain crackers.

Avocado Bacon Dip

Submitted by: Tamyra Ladd



Ingredients:

- 6 slices of bacon cooked until crisp and roughly chopped
- 3 ripe avocados, peeled and pitted
- 1 (16 ounce) container sour cream
- 1/2 teaspoon cumin
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon garlic salt
- Juice from 1/2 a lime (add additional lime juice if desired)

Instructions:

1. Combine the avocados, sour cream, spices and lime juice in a blender or food processor and blend until smooth.
2. Stir in most of the bacon, reserving a small amount for garnish.
3. Garnish dip with remaining bacon and cilantro, tomatoes and green onions if desired.

Strawberry and Blueberry Spinach Salad with homemade Poppy & Sesame dressing

Submitted by: Melissa Bouchard



Ingredients:

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- ½ cup white sugar (or sugar substitute to taste)
- ½ cup olive oil
- ¼ cup distilled white vinegar
- ¼ teaspoon paprika
- ¼ teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 package of fresh blueberries
- 1 quart strawberries - cleaned, hulled and sliced
- ¼ cup almonds, blanched and slivered

Instructions:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Melon Medley

Submitted by: Michael Johnson



Ingredients:

- 1 Large ripe seedless watermelon
- 1 Large ripe cantaloupe
- 1 Large ripe honeydew melon

Instructions:

1. Cut watermelon horizontally into two pieces with the top section being about 1/3 and the bottom section being about 2/3.
2. Cut cantaloupe and honeydew melon in half and remove seeds.
3. Use a melon-baller utensil to scoop out the sweetest part of the melons in $\frac{3}{4}$ " - 1" round balls and place in a large bowl, bowls, or clean pail.
4. Scrape out the rind of the watermelon just down to the white part with a big metal spoon (this will be the "bowl" for the melon balls).
5. Mix the colorful red, green, and orange melon balls and fill the empty watermelon rind. You can use the top as a lid, or just wrap with clear wrap.
6. (Save what doesn't fit back in the watermelon rind for yourself after the party : -)
7. Chill in refrigerator for a few hours.
8. This cold melon / fruit "salad" has always been a big hit at cookouts and family gatherings.

No Mayo Potato Salad

Recipe from: www.cdkitchen.com

Submitted by: Helen Linda



Ingredients:

- 2 lb red-skinned potato, cut into 1 inch size chunks
- 1 small red onion, thinly sliced (Optional: If can't eat onion, can double the scallion tops)
- 1/2 cup sliced black olive (any mild olive will do, Castelvetrano is nice)
- 2 scallions, sliced (Optional: If can't eat the bulb, just do the green tops)

Dressing

- 1/4 cup olive oil (plus 2 tablespoons if you like a less tart vinegar flavor)
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 clove garlic, minced (Optional: If can't eat garlic, use garlic scape or garlic chive)

Instructions:

1. Cover potatoes in water to cover one inch over and bring to a boil.
2. Reduce heat and cook for 5 minutes, then add 1 minute until large potatoes are tender but not mushy.
3. Drain in colander, return to pot and rinse with cold water, drain again.
4. Combine with onion, olives and scallions in a salad bowl, tossing to mix.
5. In a small bowl, whisk together salad dressing ingredients.
6. Pour over the salad, mixing well. (eyeball it the first time to get the right amount for you. Often more than you need so can save some for green salads later)
7. Serve at room temperature.

Brussel Sprouts with Marjoram and Pine Nuts

Submitted by: Rudy Fedrizzi



Ingredients:

(serves 8)

- 3 TBSPs butter
- 1/3 cup pine nuts
- 1 ½ lbs of brussels sprouts, halved if large
- 1 cup chicken or vegetable broth (depends on whether it's for vegetarians or not)
- 2 shallots minced
- 1 tsp marjoram
- 1/3 cup milk or cream
- Salt and pepper to taste

Instructions:

1. Sauté shallots in 1 TBSP of butter until tender and set aside
2. In a moderate sized pot, briefly sauté brussels sprouts in 2 TBSP butter (about 3-5 minutes) then add broth, cover and simmer until brussels sprouts are almost tender, about 20 minutes.
3. Uncover and simmer until broth evaporates and sprouts are tender, about 10 minutes.
4. Add shallots, marjoram, milk/cream, stirring until flavors are mixed (about 3-4 minutes)
5. Add pine nuts, stir and season to taste
6. Serve in a warmed platter

Cabbage Crunch Salad

Submitted by: Tamyra Ladd



Salad Ingredients:

- 1 head of cabbage (or 1/2 head green and 1/2 head purple cabbage), sliced very thin and then diced
- 1 cup thinly sliced carrots
- 3-4 celery stalks, thin sliced
- 1 small head of broccoli, cut into small pieces without stem
- 1 bunch green onions, sliced
- 3/4 cup almonds, sliced or slivered
- 3/4 cup sunflower seeds
- 1 cup raisins

Dressing Ingredients:

- 1/2 cup oil
- 1/4 cup red wine vinegar
- 2 Tbsp. sugar or honey
- 1 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. pepper
- 2 tsp. instant bouillon powder (MSG free)

Instructions:

1. Slice cabbage very thin and dice. Add sliced carrot, sliced celery, broccoli, green onions, raisins and almonds. Toss.
2. In a liquid measuring cup, measure out oil, red wine vinegar and seasonings. Mix well. Pour over salad. Toss well. Refrigerate until ready to use.

Mango, Peanut and Garden Salad

Submitted by: Stephanie Smith



Salad Ingredients:

- 1 mango peeled and cut into strips
- 2 scallions sliced
- 1 medium carrot peeled and cut into strips
- 1 cup julienned green cabbage
- 1 cucumber sliced into strips
- 1 red or yellow pepper sliced into strips
- You could also add some peas whole or rough chop
- ¼ cup roasted peanuts for garnish
- Basil and/or cilantro torn for garnish

Dressing Ingredients:

- 3 TBS vegetable oil
- 1 TBS Fish Sauce
- 1 TBS maple syrup
- 1 -2 TBS rice wine vinegar
- 2 TBS pickled jalapenos chopped fine
- 2TBS cilantro chopped fine

Instructions:

1. Mix the dressing together.
2. Cut and toss the mango and vegetables together.
3. Dress the salad, toss again.
4. Garnish and enjoy.

Savory Breakfast Grain Bowl

Submitted by: Elizabeth Spinney



Ingredients:

- Cooked grains like steel cut oats, rice, or farro, $\frac{1}{4}$ - $\frac{1}{2}$ cup dry per serving

Optional toppings (pick a few of your favorites - in whatever amount sounds good):

- Cooked greens like spinach, kale, chard, pea shoots
- Kimchi or sauerkraut
- Sautéed zucchini or summer squash
- Sliced cucumber, carrot, or radish
- $\frac{1}{4}$ Avocado
- 1 Cooked egg

Garnish ideas (pick 1 or a few, add a shake or two):

- Sesame seeds
- Furikake seasoning
- Chili lime seasoning
- Everything bagel seasoning

Instructions:

1. Prepare your grain: Follow package directions to cook the grain. Our family puts them in the rice cooker the night before with a timer, so they are ready first thing in the morning.
2. Prepare your toppings: If you cook your grain in a rice cooker or instapot, most of the work in the morning will be to prepare the optional toppings. To speed things up, choose quick cooking veggies like spinach sautéed in olive oil, and no-cook ones like cucumber, carrot, and avocado. Get an extra hit of veggies with a good-for-your-gut fermented twist with some kimchi or sauerkraut. If you like the classic breakfast flavors, add in an egg!
3. Put it all together, and optional garnish: And we eat with our eyes first! Make your savory breakfast beautiful by adding in the grain to the bottom of a bowl, and the toppings decoratively on top. Garnish the toppings with no-salt seasonings like sesame seeds or premade seasoning mixes, and a crack of pepper. And if you are cooking for the family, even the little ones will enjoy how fun and beautiful breakfast veggies can be.
4. Change it up!: Switch what veggies you incorporate based on their seasonal availability, and you'll always have something fresh and new to enjoy.

Love Light Sandwhich

Submitted by: Jennifer Khouri



This recipe comes from Norman, Oklahoma's Love Light Cafe, where my late husband went to college.

Ingredients:

- Sourdough bread
- Avocados
- Tomato
- Sprouts
- Red onion
- Mayonnaise

Instructions:

1. Slice all vegetables thinly, pile them on the bread toasted or not and enjoy!

African Peanut Stew

Recipe from: From Clean Food Dirty Girl

Submitted by: Elizabeth Marvin



Ingredients:

- 1 teaspoon cumin powder
- 1 teaspoon salt
- 1/2 teaspoon cinnamon powder
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon black pepper (about 10 turns)
- 1/8 teaspoon cayenne powder (omit if you don't like spicy)
- 1/8 teaspoon clove powder
- 2 medium-small sweet potatoes, cut into 1/2-inch chunks (about 3 cups)
- 1 cup diced yellow onion
- 1/2 cup diced red bell pepper
- 4 garlic cloves, minced
- 2 teaspoons peeled and minced ginger root
- 1 28 oz can, carton or jar crushed or diced tomatoes
- 1/2 cup peanut butter (no added salt or sugar)
- 2 1/2 cups water
- 3 cups chopped kale

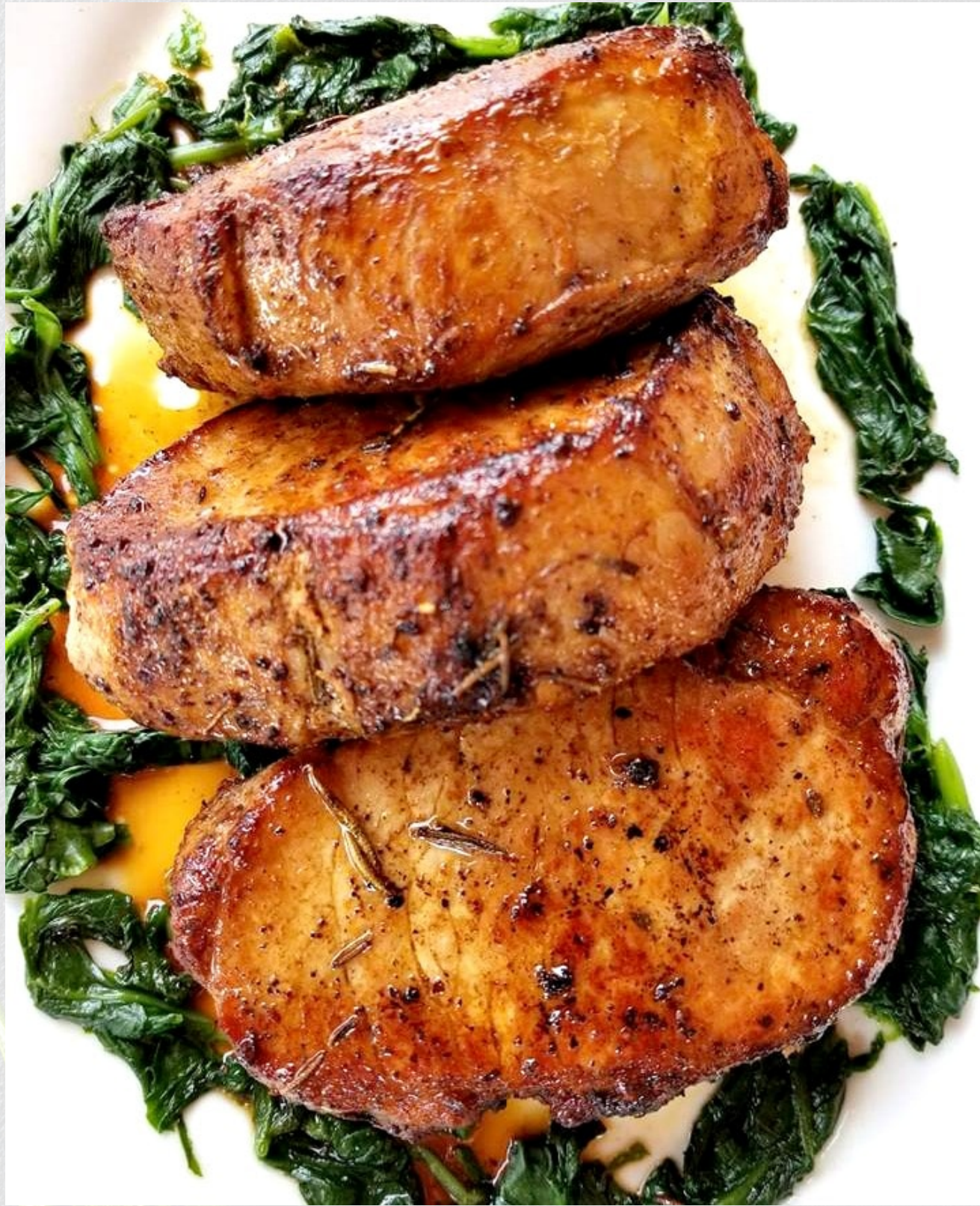
Instructions:

1. In a small dish, mix together the cumin, salt, cinnamon, turmeric, chili powder, black pepper, cayenne and clove powder. Set aside for now.
2. Prep and measure out the rest of the ingredients and then heat a large pot over medium heat for 2 minutes.
3. Add the sweet potato, onion, bell pepper, garlic and ginger. Cook for about 3 minutes, stirring occasionally and adding a splash of water and stirring if things start to stick.
4. Add the spices that you set aside earlier and cook for 1 minute, stirring constantly.
5. Add the tomatoes and peanut butter. Stir until peanut butter is mixed in and any stuck bits of spices are loosened up from the bottom of the pot.
6. Add the water, stir and bring to a boil. Lower the heat and simmer for 20 minutes, with a lid on the pot at an angle. Stir every 5 minutes or so with a wooden spoon.
7. Take off the lid, add the kale and simmer for an additional 10 minutes, with the lid off the pot, until the sweet potatoes are tender.

Stew will thicken up as it cools.

Rosemary Garlic Pork Chops

Submitted by: Adam Johnson



Ingredients:

- 4 - Pork chops (the thicker the better)
- Salt / Pepper
- 2 tbsp. minced rosemary (fresh is best)
- 3 cloves garlic, minced
- (1 stick) butter, melted Kerri-gold butter non salted is best
- 2 tbsp. Avocado Oil

Instructions:

1. Preheat oven to 375°. Season pork chops generously with salt and pepper.
2. In a small bowl mix together butter, rosemary, and garlic. Set aside.
3. In an oven safe skillet over medium-high heat, heat Avocado oil until it shimmers then add pork chops. Sear until golden, 4 minutes, flip and cook 4 minutes more. Brush pork chops generously with rosemary garlic butter.
4. Place skillet in oven and cook until cooked through (145° for medium), 9 - 11 minutes.
5. Let rest on counter for 5 minutes
6. Serve with more rosemary garlic butter.

Grilled Kielbasa

Submitted by: Joe Sampsell



Ingredients:

- 2 lbs. Kielbasa or favorite smoked sausage cut in half lengthwise then 4" pieces.
- 3 TB butter – reserve 1 TB
- 1 lg onion (cut in half then slivered)
- 1 TB sugar
- 1 tsp each kosher salt and pepper
- 2 cups sauerkraut
- 1/3 cup water
- 1/2-3/4 cup of Hot Honey Gold Sauce
- 1-1 1/4 lbs. of baby potatoes (Yukon Gold)
- 3 qt water
- 1/4 cup kosher salt
- 1 bunch of asparagus
- 2 TB olive oil
- 1/3 cup peppadew peppers (slivered) or Pickled Italian red peppers if you can't find peppadews.

Instructions:

1. Caramelized Onions: Melt butter in pan (med-high heat) add onion, sugar, salt, and pepper. Cook onion till deeply brown and soft, add sauerkraut, and mix well. Add the 1/3 cup water and mix again. Set aside and keep warm.
2. Salt Potatoes: Bring 3 qtrs. of water and 1/4 cup of salt to boil and add potatoes. Cook till soft for approx. 25 min (set aside in hot water).
3. Asparagus: Cut tough ends off of asparagus, pre-heat oven to 400 degrees. Salt and pepper the asparagus and roast approx. 12 min, set aside, and keep warm.
4. Kielbasa: Fire up grill to med-high with casing side up. Grill kielbasa approx. 3 min on each side till 150 degrees.

Assembly:

1. Take potatoes out of hot water, place on a large platter, and crush. Use remaining 1 TB of butter and glide it over crushed potatoes
2. Add a layer of caramelized onions and sauerkraut over crushed potatoes
3. Scatter half sausage on top of potatoes and onions and mix
4. Layer rest of sausage
5. Ladle Hot Honey Gold over sausage
6. Garnish with peppadew pepper and roasted asparagus

Beef Stew Provencale

Submitted by: Tamyra Ladd



Ingredients:

(makes 6 servings)

- ¼ pound salt pork
- 1 ½ pounds beef boneless chuck, tip or round
- 1 cup dry red wine
- ½ cup water
- 1 clove garlic, chopped
- ½ teaspoon salt
- 1½ teaspoon dried thyme leaves
- ½ teaspoon dried rosemary leaves
- ¼ teaspoon pepper
- 1 bay leaf
- 6 carrots, cut into 1 inch pieces
- 2 medium onions quartered
- ½ cup pitted rip olives
- Snipped parsley
- French bread

Instructions:

1. Remove rind from salt pork, cut pork into ¼ inch slices. Cut beef into 1 inch cubes (for ease of cutting, partially freeze beef for about 1 hour). Fry salt pork in Dutch oven over medium heat until crisp, remove with slotted spoon. Drain on paper towels. Cook and stir beef in hot fat until brown, about 15 minutes. Drain fat. Add wine, water, garlic, salt, thyme, rosemary, pepper and bay leaf. Heat to boiling; reduce heat. Cover and simmer 1 hour.
2. Stir in salt pork, carrots, onion and olives. Cover and simmer until beef and vegetables are tender about 40 minutes. Remove bay leaf. Sprinkle with parsley. Serve in bowls with French bread for dipping.

Tabbouleh

Submitted by: Pari Motia



Ingredients:

(Makes 8 servings)

- Parsley: 2 bunches
- Scallion: 1 bunch
- Tomatoes: 3
- Couscous or quinoa: 1/3 a cup
- Lemon or lime: 1
- Olive oil: 5 tablespoons
- Salt and pepper

Instructions:

1. Chop the herbs.
2. Cook couscous or quinoa completely, drain their water add to the chopped herbs, add salt, pepper, olive oil and freshly squeezed lemon or lime.
3. You can change the amount of ingredients based on your personal taste.

Tabbouleh goes well with whole wheat bread.

Three Sisters Stew

Submitted by: Brooke Decker



Ingredients:

- 2 Cups zucchini - chopped
- 2 Cups corn
- 1 medium onion chopped
- 3 cloves garlic chopped
- 1 Tablespoon Vegetable oil
- 1 cup uncooked rice
- 4 cups vegetable broth
- 2 cups kidney or pinto beans
- 1/2 tsp dried basil
- 1/4 tsp oregano
- 1/4 tsp cumin powder
- 1/4 tsp crushed red pepper

Instructions:

Makes 4 1 1/2 cup servings

1. Heat oil in medium saucepan with onion, garlic and rice until onion is cooked tender. Stir in all other ingredients and bring to boil.
2. Reduce heat to medium/low, cover 15-20 minutes until rice is tender/cooked and broth is thickened.

Eggplant Caponata

Submitted by: Tamyra Ladd



Ingredients:

- 1 lb. Italian eggplant, cut into 1- ½ cubes.
- ¼ cup olive oil
- 1 yellow onion, chopped.
- 4 cloves of garlic, minced.
- 1 can diced tomatoes 15 oz.
- 1 red bell pepper, diced.
- ½ cup green and black olives, chopped.
- ¼ cup capers
- 1 tsp salt
- ¼ tsp black pepper

Instructions:

1. Preheat the oven to 400F. Line a baking sheet with aluminum foil. Coat with non-stick spray
2. Place eggplant pieces on the baking sheet and drizzle with 2 tablespoons olive oil on the eggplants.
3. Sprinkle with some salt and mix using your hands.
4. Roast the eggplants in the oven for 20 minutes.
5. Meanwhile, heat the remaining olive oil in a pan over medium heat.
6. Sauté onion and garlic until translucent.
7. Add in diced tomatoes and red bell peppers to onions and garlic, cook for about ten minutes until they are cooked.
8. Add in cooked eggplant, chopped olives and capers. Cook for five minutes.
9. Season with salt and pepper. Top with parsley and service warm with crusty bread.

Polenta and Sweet Potato Mash with Mushroom Sauce

From: Forks Over Knives

Submitted by: Maura O'Brien



Ingredients:

- 3 cups cubed cooked sweet potatoes (peeled, if desired)
- 1 16- to 18-oz. tube polenta, cut into chunks or mashed for a creamy side
- 1 teaspoon onion powder
- 5 cups fresh baby spinach
- 1 8-oz. package fresh cremini mushrooms, halved
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1½ cups cherry tomatoes, halved
- ¾ cup low-sodium vegetable broth
- ½ teaspoon dried Italian seasoning, crushed
- 1 teaspoon arrowroot powder
- Freshly ground black pepper, to taste
- 2 tablespoons pine nuts, toasted

Instructions:

1. In a large saucepan combine sweet potatoes, polenta, onion powder, and 1 cup water. Cook over medium heat 10 minutes or until heated through, stirring occasionally. Mash to desired consistency. Gradually stir in spinach; cook until wilted. Reduce heat to low; cover and keep warm.
2. For sauce, in a large skillet sauté mushrooms, onion, and garlic over medium heat 5 minutes, adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in cherry tomatoes. Cook and stir 4 to 5 minutes more or until tomatoes soften and blister. In a small bowl stir together vegetable broth, Italian seasoning, and arrowroot powder. Add to vegetables and cook just until thickened. Season with pepper.
3. Top polenta mixture with sauce. Sprinkle with pine nuts.

One-Pan Mexican Quinoa

Submitted by: Sue Zeller



Ingredients:

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 3-4 jalapeños, seeded and finely chopped
- 1 cup uncooked quinoa, rinsed well and drained
- 1¼ cups vegetable broth
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can diced tomatoes, with juices
- 1 cup frozen corn (or kernels from 2 ears of corn)
- ½ teaspoon kosher salt
- ⅓ cup chopped fresh cilantro
- 1 quarter of a lime, juiced
- Shredded cheese, sour cream, green onions, etc., for serving

Instructions:

1. Heat the oil in a medium saucepan over medium-high heat. Add the garlic and jalapeños and sauté for about 1 minute, until fragrant. Stir in the quinoa, broth, beans, tomatoes, corn and salt. Bring to a boil, then reduce heat to a simmer.
2. Cover and let cook for 20-25 minutes, until the liquid is fully absorbed. Remove from heat, fluff with a fork and stir in the cilantro and lime juice. Top as desired.

Lemony One-Pan Orecchiette with Sausage and Broccolini

Submitted by: Lisa Wright



Ingredients:

- 2 spray(s) cooking spray
- 16 oz spicy Italian variety, casing removed Uncooked fresh turkey sausage
- 1 large, diced Uncooked onion(s)
- ½ tsp Table salt
- 3 large clove(s), minced Garlic clove(s)
- ⅛ tsp Crushed red pepper flakes
- 4 cup(s) Canned chicken broth
- 8 oz Uncooked orecchiette pasta
- 2 cup(s), chopped, chopped or regular broccoli florets Uncooked baby broccoli
- ¼ cup(s), divided Grated Parmesan cheese
- 2 Tbsp Fresh lemon juice
- 1 Tbsp Lemon zest
- 1 cup(s), halved (optional) Grape tomatoes
- ⅓ cup(s), fresh, chopped Basil

Instructions:

1. Coat a large nonstick soup pot with cooking spray; heat over medium high heat. Add sausage and cook, stirring often and breaking apart sausage with a wooden spoon, until well-browned, 8 minutes; remove sausage to a bowl.
2. Add onion and salt; cook, stirring often, until onion is softened, 5-8 minutes. Add garlic and hot pepper flakes; cook, stirring, 1 minute. Add broth; bring to a boil over high heat. Add pasta; cook, stirring frequently, 8 minutes. Add broccolini; cook, stirring occasionally, until pasta is al dente, about 4 minutes more.
3. Stir in cooked sausage, 3 Tbsp Parmesan, lemon zest, and lemon juice; garnish with tomatoes, basil, and remaining 1 Tbsp Parmesan.

No Bake Energy Balls

Submitted by: Lisa Bongiorno



Ingredients:

- 1 cup oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 tsp. vanilla extract

Instructions:

1. Stir all the ingredients together in a medium bowl until thoroughly mixed.
2. Cover and let chill in the refrigerator for half an hour.
3. Roll into balls.
4. Store in an airtight container.

Crockpot Lava Cake

Submitted by: Tamyra Ladd



Ingredients:

- 1 box chocolate cake mix
- 1 box chocolate instant pudding mix
- 1 -12-oz bag chocolate chips

Instructions:

1. Mix chocolate cake according to directions.
2. Pour into crockpot
3. Mix chocolate instant pudding according to directions and pour over cake batter.
4. Sprinkle the chocolate chips over the top of pudding mix.
5. Cook on high for 2.5 hours, serve warm with vanilla ice cream.

Banana Bread

Submitted by: Karen Knaebel



Dry Ingredients:

- 1 $\frac{3}{4}$ cups flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda

Wet Ingredients:

- $\frac{1}{3}$ cup butter – or for vegan recipe use butter substitute
- $\frac{1}{4}$ cup applesauce
- $\frac{1}{3}$ cup sugar
- 1 cup or two ripe bananas mashed

Instructions:

1. Preheat oven to 350 degrees – use spray oil (olive oil for vegan) to coat the bottom and side of bread pan(s) – you can use a regular size pan but three small or two medium pans work better to get the center done.
2. Combine dry ingredients with wet stirring in a little at a time.
3. Optional – add one cup walnuts or mini chocolate chips (I use Enjoy Life Semi-Sweet mini chocolate chips) allergy friendly and vegan friendly to the final mixture.
4. Put final mixture into loaf pans of your choice. For the two medium that you see in the photo – I cook for 35 to 40 minutes top. You can tell they are done when a toothpick inserted in the bread comes out clean. Don't overcook – it's better if you feel it could cook a little longer to just let the bread cool in the baking pan.